

HEART and HOME PROBLEMS

MRS. ELIZABETH THOMPSON



Dear Mrs. Thompson: I want you to please tell me how I can have pretty hair and lots of it. Tell me what to use to make it look alive and make it grow and how often to wash it. Also, what makes it look so gray? Tell me something that will make it grow fast, please.

My little amount of hair is not all that is troubling me. It is my face. Oh! I am so horrid ugly, with all these pimples and blackheads. Please tell me how to get rid of them, what I must eat and what I must not eat. If you will write me a letter very soon telling me all I ask I will never, never get through thanking you.

ANXIOUS.

You cannot have pretty hair and a pretty complexion in a hurry, my dear. Nature must have time to do her work and the only sure way to be good looking is to have Nature help you.

In the first place, get your stomach in good condition. Eat only food that agrees with you and not too much of that. Stop eating all pastries, rich gravies, rich cakes, candy, fat meats, spicy sauces, pickles, etc. Eat fresh fruits and vegetables, lean meats, bread that is toasted or rather dry—never any hot or very fresh breads. Drink plenty of milk, if it agrees with you, and pure water—three pints of water a day. Take as little tea and coffee as possible—I would recommend only one cup of coffee a day, at breakfast.

Get your bowels open. Take Epsom salts often enough to keep them moving regularly.

Take a hot bath once a week and a tepid sponge bath every day. Walk at least a mile every day; five miles would be better; and breathe deep.

All this will help to clear your skin and put life into your hair.

Now get some imported Castile soap. Wash with warm water and soap every morning, rinsing well with cold water. Rub a tiny bit of cold cream into the skin and dust it lightly with a good face powder (any expensive rice powder is good). Keep your hands out of your face during the day. At night, before retiring, clean the face and neck with cold cream and wipe it off thoroughly with a clean cloth. When the pimples or blackheads are soft, prick them with a sterilized needle, gently squeeze them out and anoint with peroxide.

For the Hair—Give it an egg

shampoo once a month. To take out the superfluous oil, rub the scalp daily with a mixture of alcohol, two ounces; witch hazel, two ounces; rosewater, 14 grains.

The great secret of pretty hair is cleanliness and muscle. The cleanliness applies to your brushes and combs as well as to the hair. The muscle applies to brushing. Get a medium stiff brush and brush your hair thoroughly every day, giving it at least 100 good, firm strokes. This means EVERY day.

Once a week a little kerosene on the brush is good for the hair.

By following these directions carefully you will find yourself a quite different looking person in three months. But you must keep at it everlastingly if you want to be and stay good looking.

Dear Mrs. Thompson: We are girls of 13 and 11.

(1) Which is the proper thing to do, a girl write to a boy out of town first or the reverse?

(2) I have been writing to a boy friend living out of town. I have another boy friend who does not like this, although he has written to my cousin (a girl). I like him very much, but should I stop writing to the one out of town?

(3) Do you think it proper for a boy to call at a girl's home in the evening, when they are 11 years old?

(4) I have a particular girl friend who has not a very good reputation. My mother does not like me to go with her, but still I do not like to refuse her when she asks me to go to places with her. Please tell me what I should do in this case.

BRIGHT EYES AND DIMPLES.

(1) The boy should always write first.

(2) I don't see why you should drop one friend because the other friend wants you to do so, when he has no good reason for it.

(3) I do not see why small boys should not visit at the home of their small girl friends. Of course, I do not think for a minute that you look upon this boy as a beau.

(4) Mind mother, dearie.

At the Goddess of Liberty booth was Miss Hazel Spaulding as the goddess, and Miss Pearl Loucks was dressed to represent an American Indian. Misses Grace Mills and Florence Ehl were at the French booth, and at the Japanese booth were Misses Ruth Williams and Elizabeth Ninemeyer. At the Irish booth were Misses Rosely Clark and Etta Winter and Elizabeth Oglevee. In the New England booth were Misses Iona Zell, Ruth Cleveland and Gertrude Kerr, and in the Iceland booth were Misses Lily Ehl, Dorothy Johnson and Gretel Ausbrook.

BROADWAY SOCIETY ELECTION.

The annual meeting and election of officers of the Woman's Missionary society of Broadway Presbyterian church was held yesterday with Mrs. W. S. Marquis, 725 Twenty-third street, president of the society for a number of years, asked to be relieved from the position because of her contemplated removal from the city and in her stead Mrs. C. O. Woodruff was chosen as head of the society. Other officers selected are:

First Vice President—Mrs. H. D. Blakemore.

Second Vice President—Mrs. Ellen Allen Read.

Third Vice President—Mrs. J. T. Montgomery.

Recording Secretary—Mrs. Frank Mixer.

Treasurer—Mrs. Hervey E. Curtis.

Corresponding Secretary—Mrs. A. H. McCandless.

Secretary of Literature—Mrs. Fred Titterton.

Two letters were read from missionaries in Korea in whom the society is especially interested, Mrs. Margo Lee-Lewis and Dr. H. C. Whiting. Reports for the year just closed were given by the various officers showing a healthy and encouraging condition of the society. Mrs. Joe McCrory pleased with vocal numbers and the meeting closed with devotional services conducted by Mrs. W. O. Litten.

PARTY FOR MISS YOH.

A farewell party was given Thursday evening for Miss Ruby Yoh, who has been a guest at the home of her brother, Mr. and Mrs. Bert L. Yoh, 605 Fourth avenue, for the past five weeks.

Games and music were the entertainment of the evening and prizes were awarded in the contests to Miss Blanche Agne, Miss Blanche Hill, Paul Swanson, George Burdett and consolation favors fell to Miss Irene Krueger and John Byssinger. After a delicious luncheon was served Miss Yoh departed on a late train for her home in Van Wert, Ohio.

Those present were Misses Julia Agne, Blanche Agne, Irene Krueger, Blanche Hill, Letitia Donovan, Margaret Garlick and Paul Swanson, John Byssinger, George Burdett, Lawrence Heberle, Elmer Anderson, Andrew Benesch, Earl Agne and Leonard Hudson.

Miss Yoh was presented with a handsome dresser clock as a token of remembrance, and a delightful evening was enjoyed.

SOCIETY CHOOSES OFFICERS.

The annual election of officers of Central Missionary society was held yesterday at the home of Mrs. H. J. Dawson, 1037 Fifteenth street when the former board was chosen as follows:

President—Mrs. P. C. Simmons.

Vice President—Mrs. C. Hoppe.

Secretary—Mrs. O. Leonard.

Assistant Secretary—Miss Alice Deal.

Treasurer—Miss Emily Freeman.

Secretary Literature—Mrs. Charles Kite.

The home topic taken up for discussion was the Indians, and papers on the subject were given by Mrs. D. A. Johnson, Mrs. James Dickson and Mrs. O. Leonard. The foreign topic was Korea, with papers given by Mrs. Hoppe, Mrs. W. N. Phillips and Mrs. H. D. Polson. A very pleasant



BETHANY HOUSE COMMITTEE.

The monthly meeting of the house committee of Bethany home was held yesterday at the home of Mrs. W. J. Sweeney, 815 Twentieth street, with 22 of the members attending. Mrs. Sweeney had trimmed her house with bowls of yellow tulips and made it attractive and pretty. The business session was devoted to the transaction of matters connected with the management of the home, a social hour following when the ladies sewed and visited and were served with lunch. It was announced that the Fae Kae club composed of high school girls will conduct a coffee for the home some time in March at the residence of Mrs. K. T. Anderson, 917 Nineteenth street.

CELEBRATE 57TH ANNIVERSARY.

Mr. and Mrs. J. K. McMichael Wednesday celebrated their fifty-seventh wedding anniversary at their home in Milan, the day being quietly observed by a family gathering. Of their six children, Charley of Milan, Boy of Port Byron, Nettie of Orlon, and Cyrus of Taylor Ridge, were present. George and Tom, who live in El Monte, Cal., were not able to come. Of 14 grandchildren three were present and of three great-grandchildren, one.

SUPPER CLEARS \$15.

The international supper given by the members of the Laura Marquis circle of South Park Presbyterian church, at the church last evening, cleared the society \$15. This money will be applied to the payment of the society's pledges to the church building fund. The affair was very cleverly carried out, booths representing various countries being presided over by girls in costumes who served articles of food appropriate to that country.

PARK ENTRANCE TO BE IMPROVED

Edgewood Avenue for Distance of 400 Feet Will Be Paved With Asphalt.

E. H. GUYER BEARS COST

A. E. Lord Construction Company of Monmouth Bids Lowest on Big Sidewalk Job.

Edgewood avenue from Forty-third street to the east entrance way of the East End park is to be paved with asphalt at an expense of \$1,500 by Edward H. Guyer. Mr. Guyer volunteered to do this to Mayor H. M. Schriver and several residents of that part of the city assembled this morning in the mayor's office at a meeting of the board of local improvements. The east entrance, to which Mr. Guyer's proposed improvement leads, will be the main entrance way to the park. Bids were opened for construction of five miles of sidewalk for the city and informal discussion of the Forty-third street grade was held.

The strip to Edgewood avenue to be improved is 400 feet in length. The work is to be done at \$2.05 per square yard. Mr. Guyer will also construct sidewalks along that strip which is to be improved with asphalt. He owns property on either side of Edgewood avenue and if the work were done in the usual way he would of course be assessed for the entire cost.

Monmouth Firm Lowest.

The A. E. Lord Construction company of Monmouth submitted a bid of 13 1/4 cents per square foot for the sidewalk construction the city proposes, about five miles all told. The bid will go to the council Monday afternoon for action.

Hearing for property owners was deferred to March 12 in the matter of the Forty-third street grade. Mayor Schriver says no grade is to be established until one satisfactory to all residents is determined.

A social hour followed the business session and refreshments were served.

STUDY MUSICAL FORM.

The study of musical form was taken up yesterday by the music department of the Woman's club at a meeting at the home of Mrs. Daniel Hayes, Jr., Twelfth avenue and Fifteenth street. The various forms of music were studied and in a splendidly prepared paper Miss Florence Spaulding discussed the dance form and gave an illustration of each form on the piano. Mrs. Hayes sang "Hills O'Skye" by Harris; selections from "Nonsense, Rhymes and Pictures" by Margaret Lang and "Mamie's Song," by Harriett Ware. Mrs. J. K. Scott was in charge of the afternoon lesson.

EAGLES' CARD PARTY.

The ladies' auxiliary to the Eagles held a card party yesterday afternoon at Owls' hall with Mrs. C. P. McQuaid as the hostess. Four tables were played and prizes in the games went to Mrs. H. E. Rowe, Mrs. Faust and Mrs. Smith. The ladies will give another party in two weeks, the place being left undecided.

CIVIC DEPARTMENT SESSION.

A special meeting of the civic department of the Woman's club will be held Wednesday afternoon, March 4, at 3 o'clock, at the Y. M. C. A. All members are urged to attend this session, as matters of importance to the department will come up for discussion.

SWEDISH MEN MEET.

The Men's society of the First Swedish Lutheran church was entertained last evening at the home of

Alfred Johnson, 1007 Fourth street, with 12 of the members attending. A discussion of bible text was taken up by the pastor, Rev. Karl Nilsson, and the men, and there followed a social hour when, Mrs. Johnson served refreshments. The next meeting of the club will be with Emil Peterson, 1121 Fourteenth and a half street.

MISS ENSTROM HOSTESS C. I. X.

Members of the C. I. X. club enjoyed the hospitality of Miss Florence Enstrom last evening at her home, 4317 Eighth avenue. The ladies spent the evening with their sewing and crocheting and the hostess served a lunch. The club will be entertained in two weeks by Miss Ruth Eng in Moline.

O. H. CLUB MEETING.

Mrs. Jack Sweeney of Davenport was hostess yesterday afternoon to the O. H. card club members of the forty-ninth meeting. Clutch is the game played and prizes were given to Mrs. George Cordes and Mrs. Harry Blecker of this city. The hostess was given a piece of cut glass as a gift. Lunch was served after the games. The club will meet in two weeks with Mrs. Harry Blecker, Sixth avenue and Fifteenth street.

ROYAL CROCHET CLUB.

Members of the Royal Crochet club were entertained yesterday by Mrs. H. Hogberg, 4519 Ninth avenue. The ladies spent their time with fancy work and chatting and the hostess served a light lunch.

RELIANCE CLUB MEETING.

Walter Schroeder was host to 21 members of the Reliance club of Grace Lutheran church last evening, entertaining at his home, 532 Thirtieth street. An informal program was carried out and discussed and lunch was served before the close of the evening.

SEW FOR CHURCH SALE.

An all day work meeting of the Ladies' Aid society of the First Baptist church was held yesterday at the church. At noon dinner was served to 25 people and afternoon hours were devoted to sewing in preparation for the annual fall sale.

SOCIAL ANNOUNCEMENTS.

The ladies' auxiliary to the Rock Island County Humane society will meet Monday afternoon with Mrs. Charles Ullemeyer, 1460 Fifteenth street.

DAVENPORT GIRL WINS ORATORICAL

Miss Helen Wiggers Triumphs Over Four Male Contestants at Augustana.

Miss Helen Wiggers of Davenport, a student of Augustana college, won first place in the oratorical contest held at Augustana last evening. Rudolph Olson of Malvern, Iowa, won second. The contest was open to any undergraduate of the local institution and was held under the auspices of the Prohibition league. There were five who took part. Prof. A. E. Keiber of Davenport, who was one of the judges, in announcing the decision, spoke highly in favor of the coed who won. He pointed out that a boy has an advantage over a girl in an oratorical contest.

The subject of Miss Wiggers' oration was "Prohibition, the Hope of a Happy Nation." As a remedy for the abolition of the beverage use she urged education as a preparation for legislation.

The other contestants were: Rudolph Olson—"The Clutch of the Demon." Conrad Bergendoff—"Public Sentiment." Emil Dalberg—"The Issue." Harry Anderson—"Personal Liberty."

AT THE Y. M. C. A.

A big meeting for boys is promised at the Y. M. C. A. for Sunday afternoon at 3 o'clock. Dr. W. H. Blanche of Davenport is to give the address on "A Boy and His Home." Two or three special musical numbers will be given, both vocal and instrumental.

The B. G. M. sociable which was announced for tonight has been postponed on account of the final games in the Sunday School league which are to be played at that time. The social will be held at a later date.

WHERE TO EAT.

Flynn's lunch, 207 Seventeenth street, Rock Island. Special Sunday, from 11:30 a. m. to 2:30 p. m. Chicken dinner, a la pre mille 35 cents. Messenger service. Phone us, Rock Island 50.—(Adv.)

HOUSEHOLD HINTS

Things Worth Knowing.

When boiling clothes, place an unpeeled lemon cut in slices in the boiler with the clothes to boil. This will remove all stains and make the clothes beautifully white.

Starch should be mixed with soapy water; it prevents the iron from sticking and gives the linen a gloss.

A good way to cook green peas is to add a lettuce leaf and a tablespoonful of sugar. When putting on to boil they will retain their color and have a much better flavor.

A pinch of salt added to the coffee or chocolate improves the flavor greatly.

The Table.

Squash Pie—One and one-quarter cups of steamed and strained squash, one-quarter cup of sugar, one-half teaspoonful of salt, one-quarter teaspoonful of cinnamon, ginger, nutmeg or one-half teaspoonful of lemon extract, one egg, seven-eighths cup of milk. Mix the sugar, salt and the spice or extract, add the squash, egg slightly beaten and the milk gradually. Bake in one crust. If a richer pie is desired, use one cup of squash, one-half cup of milk and cream and an additional egg yolk.

Lobster Canapés—Finely chop lobster meat and add an equal quantity of yolks of hard-boiled eggs forced through a sieve. Moisten with melted butter and heavy cream, using equal parts, and season highly with salt, cayenne, German mustard and beef extract. Spread on sauted circular slices

of bread and garnish with rings cut from whites of hard-boiled eggs and lobster coral forced through a sieve.

Quick Puff Paste—One cup of bread flour, one tablespoonful of lard, cold water, seven-eighths cup of butter. Work the lard into the flour, first using a knife then the tips of the fingers. Moisten to a dough with cold water, pat and roll out. Dot the paste with small pieces of butter, using one-third the quantity. Dredge with flour, fold from ends toward center, then double, making four layers. Pat and roll out. Repeat until the butter is used. Roll shape, chill and bake in a hot oven.

Irish Moss Blanc-Mange—One-third cup of Irish moss, four cups of milk, one-quarter teaspoonful of salt, one and one-half teaspoonfuls of vanilla. Soak the moss fifteen minutes in cold water to cover, drain, pick over and add to the milk; cook in a double boiler thirty minutes; the milk will seem but little thicker than when put on to cook, but if cooked longer the blanc-mange will be too stiff. Add the salt, strain, flavor, restrain and individuals moulds previously dipped in cold water; chill, turn on glass dish, surround with thin slices of banana and place a slice on each mould. Serve with sugar and cream.

Lemon Pie—Three eggs, two-thirds cup of sugar, one-quarter cup of lemon juice, grated rind of one-half lemon, two tablespoonfuls of water. Beat the eggs slightly, add the sugar, lemon juice, grated rind and the water. Bake in one crust in moderate oven. Cool slightly and cover with meringue and return to the oven and brown slightly.

Women Vote on Issues

BY MARY AQUIN.

The primaries held Tuesday disclose that women are injecting into their voting something of their intuitions with regard to bargains. In Chicago 46,000 out of 158,000 registered women voted. This leaves a greater portion than is at liberty to sign independent petitions and is evidence of a desire to be non-partisan. Such breadth of view vindicates woman of the petty politics of man, it still being a hedgehog proposition to get men big enough to vote for issues. Lucy C. Owens gives good advice to Chicago women when she says:

"In order to be absolutely non-partisan the women of each ward should pick out the candidate for alderman in that ward who will care for their interests in the council. This should be done without reference to the party affiliations of the candidate, or to those of the voter who supports his candidacy. To vote for the best man regardless of party is the real non-partisanship. Simply to take the name of independent is not to be non-partisan, for often those who call themselves by this name are more partisan than those who have party affiliations. The nonpartisan women should unite to support the best man in each ward, and by so doing they will be able to have a city council elected this spring the like of which has not been seen in Chicago within the memory of man."

It is confidently hoped and expected that the women of Rock Island and Moline will exert an influence on the questions soon to be decided in those cities. The woman who stands aloof from voting because she thinks she is capably represented by her husband, father or brother has another belief coming. Any one of these gentlemen may be so entangled in political intrigues that he is no longer a free individual, but a slave rather to what his affiliations demand; he may be so warped in judgment that he cannot differentiate between a flank steak and a porterhouse when it comes to city consumption. One woman personally known of has never yet been represented in regard to her individual views and she is possessed of the three graces: father, brother, husband. Without sacrificing the political standing of the family she will at the coming election cast her vote in opposition to their opinion. By party pledges they have bound themselves to pass views. She, a spunk and span new element, backed by her sisters, may free her kin of their galling chains.

Listening to a phone conversation a few days ago we were amazed at the insistence of a young woman to urge her chum to "come, vote," as we know the phone to be a militant anti. All sorts of exhortations as to duty, etc., were heartily breathed into the phone and cajolery of the sweetest brand was used on the lukewarm auditor at the other end of the wire, with the ultimate result that Mrs. Anti, gowned in her very best, nose powdered, reinforced by friend and later served with German confections, went

forth to vote on an amendment to the constitution of the Woman's club. Serious subject and worthy of much preparation in dress and with no thought of the awfulness of temporarily leaving her home. But when the possibility is offered Mrs. Anti of the and her friends being a factor by their votes in eventually freeing the world of war and the factories of children, she snippily turns her nose upward and patting her tresses a little more evenly into shape, avers that she is not interested.

Last summer in doing a little scouting we appealed to a woman acquaintance to make known her views in regard to city housekeeping and register. To no avail. She didn't care, chiefly because she is too selfish supposedly to concern herself in aught that does not personally benefit. Since then her husband has purchased property in South Rock Island under the agent's roseate declaration that water would speedily follow annexation. After a winter's inconvenience of shunting water into bedrooms by pedal route and facing wintry winds in earling cistern water she was asked "If you had the chance would you vote for what you want?"

Would she? The lady is quite willing to leave her bread baking, even the washing, to vote for improvement conveniences.

"Are you going to vote for that worthless Bill Squirks again?" asked the wife of her representation. "Sure," replied her husband, cheerily. "Bill's a friend of mine." Nevertheless he isn't a friend of the family judging by the question and when it comes to voting for "my friend Bill," or "friend family" it's really astonishing the vote Bill polls.

Only lately we have the unhealthy spectacle of a pool hall annex in the heart of a residential district composed of many lambkins hitherto safe. If the boy went got to the pool hall, why, bring the pool hall to the boy. Father logic, mother logic, which?

Women generally have more time for being well informed than men. Whereas it is a truism that woman's work in the home is never done and goes on from sun to sun, nevertheless that work is subject to her own dictates as to rest and recreation. She may sit for an hour reading if she choose, she may visit an afternoon at a coffee, the libraries are at her leisure and magazines give uncolored news. She has every opportunity and should be the best informed person in the home.

WHERE TO EAT.

"My, how good." Coney island chicken, 15 and 20 cents. Flynn's lunch room, 207 Seventeenth street, Tony Westercamp, Mgr. Buffet in connection.—(Adv.)

San Francisco—J. Parker Whitner, Placer county millionaire, was indicted on three counts by the federal grand jury on a charge of having violated the Mann act.

Colonial Hotel

SUNDAY, MARCH 1, 1914

Table d'Hote 50c

Chicken a la Rhine Consomme 'en Tassen

Crab Meat Cocktail

Celery Hearts

Queen Olives

Broiled Blue Fish

Lemon Butter

Potatoes Juellien

Roast Vermont Turkey Stuffed

Cranberry Sauce

Roast Prime Ribs Beef, Au Jus

Mashed or Steamed Potatoes

Garden Spinach

Stewed Tomatoes

Waldorf Salad

Green Apple Pie

Roquefort Cheese

Bents' Toasted Crackers

12 Noon to 8 p. m.

50c

Movie Queen Declared Most Beautiful Blond



Lillian Gish.

David Belasco the theatrical producer, says that Lillian Gish is the most beautiful blond he has ever seen. Thousands will agree with him that her beauty is quite ravishing. Miss Gish is a moving picture star.

Special Cabaret Tonight
BENE HASSACK
Russian Violinist
Lately with Thomas Orchestra
Rock Island House Cafes